

MARINE CORPS BASE CAMP PENDLETON
MCCS

MCB CAMP PENDLETON SEMPER FIT
**SMP
HEALTH PROMOTION
DDRP**

101

Days of Summer

DRUG-FREE CHALLENGE

Presents

101 DAYS of SUMMER
CHALLENGE

SMP/Health Promotion/DDRP
Anti-Drug Campaign 2009



CALENDAR OF 101 DAYS EVENTS

MAY

S	M	T	W	T	F	S
31					1	2
3	4	5	6	Multi-Cultural Day 7	8	9
10	11	12	13	14	15	16
17	18	Base Safety Stand Down-Safety Fair 19	20	21	22	23
24	25	26	27	Functional Fitness Challenge 28	SMP BBQ 29	30

JUNE

S	M	T	W	T	F	S
	1	2	Group X Challenge 3	4	5	6
7	8	9	Functional Fitness Challenge 10	11	SMP BBQ 12	13
14	15	TUG-O-WAR 16	17	18	Functional Fitness Challenge 19	20
21	22	23	24	25	SMP BBQ 26	27
28	29	30				

JULY

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	Functional Fitness Challenge 9	10	11
12	13	Volleyball 14	15	Tug-O-War Movie Night 16	17	18
19	20	21	Tug-O-War 22	23	24	T5
26	27	28	29	30	SMP BBQ 31	

AUGUST

M	T	W	T	F	S
					1
3	4	5	6	Tug-O-War 7	8
10	11	12	13	14	15
17	18	19	Basketball Movie Night 20	Flag Football 21	22
24	25	26	27	SMP BBQ Sports Jam 28	29
30	31				



"101 Days of Summer"
Illegal Drug and Alcohol Abuse Prevention Campaign
Sponsored By MCCA
Single Marine Program
Health Promotion
Fitness Programs
Drug Demand Reduction Program
Base Safety

Objective: To create summer-long unit competitions & events utilizing programs that share the mission of eliminating illegal drug use and promoting responsible use of alcohol within the military.

Overview: This program will be held 18 May to 1 September 2009. The program will include a variety of unit competitions, giveaways, entertainment, and educational opportunities. The various activities will raise awareness of substance abuse, educate service members regarding the dangers and consequences of illicit drug use, promote responsible alcohol use, and offer fun, healthy alternatives as a viable option.

UNIT REGISTRATION
101 DAYS OF SUMMER 2009

Battalion _____ UIC _____

Unit Representative (POC) _____
(print)

POC Phone number (W) _____ (C) _____

Email Address _____

Onboard Personnel Count as of 5/10/09 _____

Commanding Officer _____

Commanding Officer's or Designated Representative Signature

Return this form to the Health Promotion Office at Paige Fieldhouse,
Bldg. 1110, or fax to 763-5534.

Registrations should be turned in by 25 May 2009
to be eligible for maximum points and full benefits.

Units begin earning points only AFTER their registration form is
received by the Health Promotion Office.

No registrations will be accepted after 8 July 2009.

The sooner you sign up the sooner you can start earning points!





THE CHALLENGE:

To accumulate the most points by attending scheduled events, monthly meetings, participating in competitions, participating in urinalysis testing and scheduling unit trainings as presented in this booklet. All events will have a safety, injury prevention and/or alcohol educational theme. Teams may register by unit. Points will be awarded for participation in events as described in this booklet. Points for attendance at events will be based on the percentage of the unit's on-board count reported to MCCS by 25 May 2009.

THE PRIZE:

The units that accumulate the most points will be rewarded with monetary incentive deposited into unit recreation funds. First and second place will be awarded in three different divisions based on unit size. Unit size will be based on unit strength on 25 May, 2009.

Unit Size:

Division One	>700	1st Place	\$1250
		2nd Place	\$1000
Division Two	300-699	1st Place	\$1000
		2nd Place	\$750
Division Three	<300	1st Place	\$750
		2nd Place	\$500

Only REGISTERED units will be considered for prizes awarded during this competition. Registration form must be received by Health Promotion NO LATER THAN 1600, July 8 2009.

For more information concerning the point system, or any 101 Days of Summer event, please contact the Health Promotion Office at 763-3794. Units begin earning points only after their registration form is received by the Health Promotion Office. You can turn in registration forms at the Safety Fair.



Division One Unit Strength >700	Division Two Unit Strength 300-600
MALS 39 CLR 15 CLR 17 7th ESB 1st MAINT BN 1 MHG HQ BN 1/1 2/1 3/1 1/4 1/5 2/5 3/5 2/4 1st LAR BN 3rd AAV BN HQ SPT BN SOI MCTSSA NHCP	HMLA 367 MCAS HMT 303 3RD LAAD BN MWSS 372 HMLA 369 HMLA 169 CLR 1 CLB 1 1st MEDICAL BN 1st RECON BN 1st INTEL BN HQ CO, 1st MAR REG HQ CO, 5th MAR REG 1/11 2/11 5/11 1st CEB BN SECURITY BN AA SCHOOLS BN ACU 5 WEAPONS FIELD TRNG BN
Division Three Unit Strength <300	
MAG 39 CNATT HMLA 775 HMMT 164 HMM 268 HMM 364 MASS 3 MACS 1 HMLA 267 CLB 11 CLB 13 CLB 15 1ST DENTAL BN 1ST SUP BN 3D CAG 1ST ANGLICO 1ST RADIO BN 11TH MEU 13TH MEU 15TH MEU 4TH LAR BN BRIG FMSS DPC	



POINTS SYSTEM

Activity	Points Available	Notes
Monthly Urinalysis Unit Testing	1 - 25% of unit = 500 26 - 75% of unit = 750 76% and up = 1000	POINTS
One Unit Sweep	1000 points	
Health Risk Assessment	1 - 25% of unit = 200 26 - 75% of unit = 500 76% and up = 1000	POINTS
Alcohol and Drug Briefs	1 - 25% of unit = 200 26 - 75% of unit = 300 76% and up = 500	POINTS
Recreational & Safety Briefs	1 - 25% of unit = 200 26 - 75% of unit = 300 76% and up = 400	POINTS
Movie Night	1 - 25% of unit = 100 26 - 75% of unit = 200 76% and up = 300	POINTS
Group X Challenge	1 - 25% of unit = 100 26 - 75% of unit = 200 76% and up = 300	POINTS

Sports Jam Individual*	25 points per participant	}	1000 points maximum for participation in these events (see event details for explanation)
Sports Jam Teams*	100 points per team		

SMP BBQ	20 points per participant	}	300 points maximum for participation in these events (see event details for explanation)
Tug-O-War	100 points per team		
Functional Fitness Challenge*	50 points per team		
Volleyball*	50 points per team		
Flag Football*	50 points per team		
3 on 3 Basketball*	50 points per team		

*Bonus points for these events will be given for placing in your division and weight class as follows:

1st Place	75 points
2nd Place	50 points
3rd Place	25 points



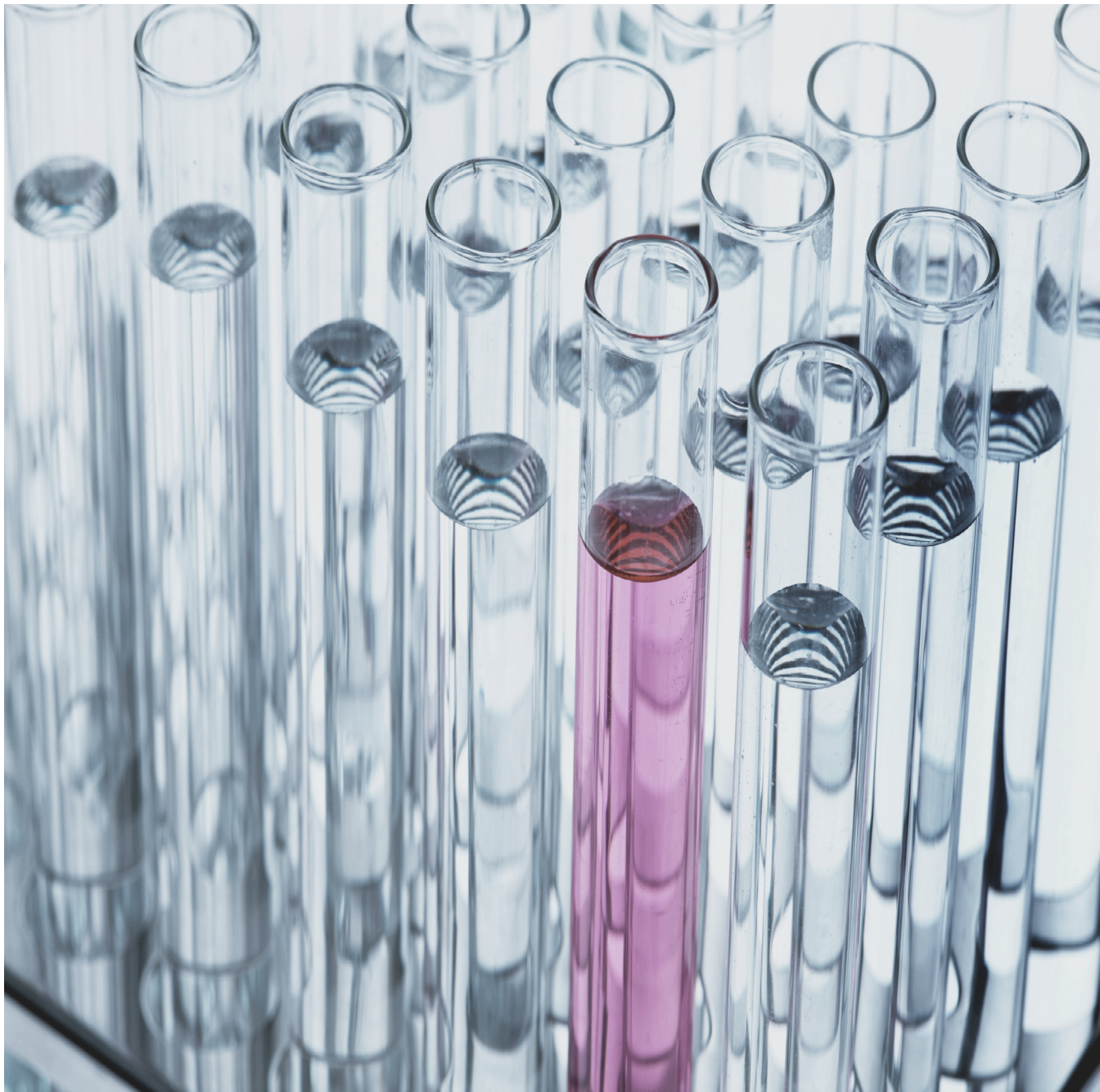
CHALLENGE ONE: Urinalysis Testing

Start Date: 1 June 2009

End Date: 1 September 2009

Unit Obligations: The unit **MUST** conduct preventative urinalysis testing on at least 30% of their personnel per month (June, July and August) and complete one unit sweep during the course of the competition. Units will receive 1000 points towards the overall competition for completing the unit sweep. Units can register by completing the attached entry form and submitting it to the Health Promotion Office at Bldg. 1110, 763-3794. Only **REGISTERED** units will be considered for prizes awarded during this competition. Registration form must be received by Health Promotion **NO LATER THAN 1600, 8 July 2009.**

*As units deploy or return from deployment, adjustments may be made at the discretion of the 101 Days of Summer Committee.



101 DAYS of SUMMER
CHALLENGE

SAFETY & HEALTH BRIEFS

Date: Call to Schedule
Time: TBD
Location: TBD
Cost: FREE

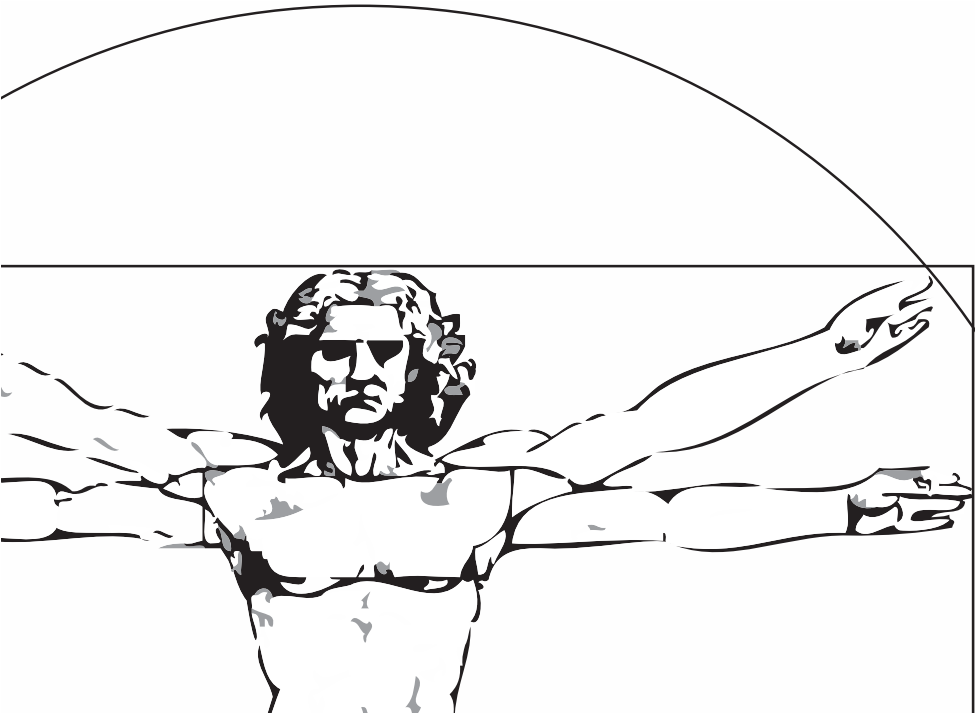
Overview: A brief on summer and beach safety, recreational injury prevention, suicide prevention or combat stress may be submitted for points. Each brief must be at least 45 minutes in length to receive points. Points will be based on the percentage of the unit attending the brief. A roster must be submitted and signed by the instructor in order to count for points.

Experts from Base Safety, Marine and Family Services and Semper Fit can be contacted to schedule a brief based on your unit's schedule. All briefs must be conducted between May 23-August 14, 2009. Rosters must be submitted by August 17th to be counted for points. A unit may receive points for each brie. Units will only receive points for one brief in each subject area, receiving points for a maximum of five different briefs (a maximum of 2000 points). Points will be awarded based on percentage of the unit in attendance, so the more people attending this function the more points the unit will receive.
(See points system page.)

Points of Contact:

Summer & Beach Safety	Vince Lombardi	725-0457
Injury Prevention	Health Promotion	763-3794/3793/0419
Recreational Safety	Base Safety	725-3673/3672
Combat Stress	Michael Castellana	846-3211/763-6482
Suicide Prevention	Kim Disario	725-6636

For more information, contact Nicole Ayan in the Health Promotion Office at 763-3794.



HEALTH RISK ASSESSMENTS

Date: On Your Units Schedule

Time: You Decide

Location: You Decide

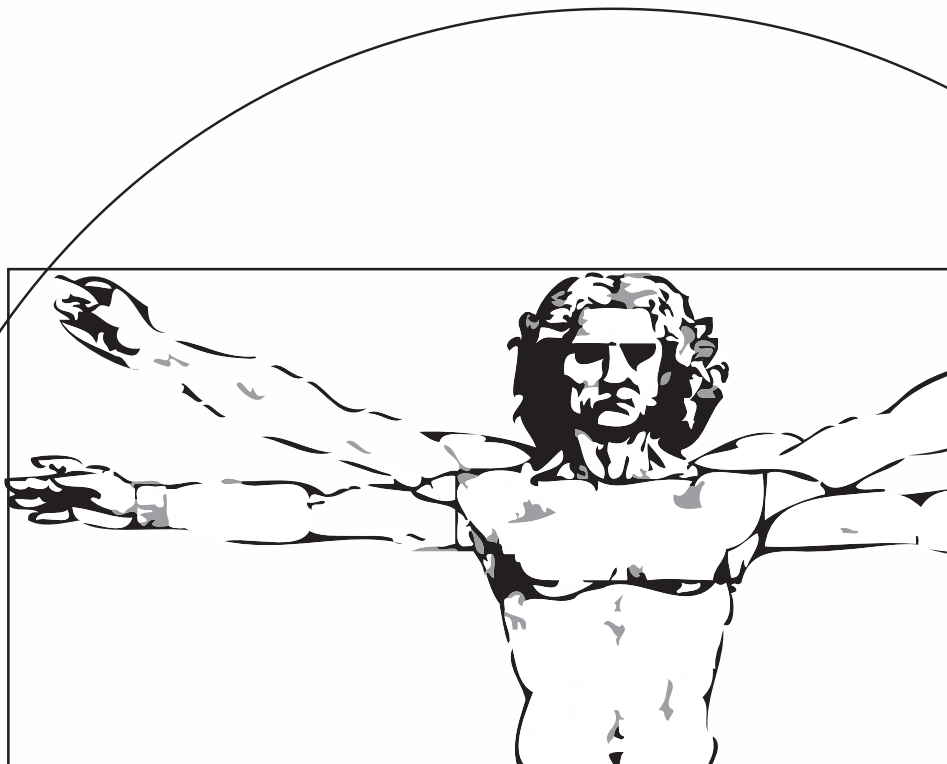
Cost: FREE

Overview: A Health Risk Assessment (HRA) will help determine the health of your unit. HRAs are completely anonymous. Each HRA is twenty questions long and takes about three minutes to complete. An individual taking the HRA will receive a one page summary report about their health based on the answers they provide. When a unit has completed several HRAs the commander will be able to access a one page summary group health report. No individual's data will be able to be accessed from this system, just group reports. The HRA can be accessed on-line by any computer at the following web site https://www.usmc-mccs.org/healthpromotions/health_risk.cfm.

Reports will be pulled from UIC numbers. Please make sure when entering your UIC number there is an "M" before the number.

Points will be awarded based on the percentage of the unit completing the HRA, so the more people finishing the HRA, the more points the unit gets. See the points page for the breakdown. A unit will also receive 500 bonus points for having every person in their unit complete the HRA. Make sure you are using the correct UIC code, including the "M" before the UIC number to assure you are getting credit for the amount of HRAs completed.

For more information please contact Health Promotion at 763-3794/3793/0419.



DDRP BRIEF ON SUBSTANCE ABUSE

Date: Call to Schedule

Time: TBD

Location: TBD

Cost: FREE

Overview: The Substance Abuse Prevention Team will come out to your unit and provide a brief on Substance Abuse Prevention. They can be scheduled by calling CSACC. The brief must be at least 60 minutes in length to receive points. Points will be based on the percentage of the unit attending the brief. A roster must be submitted and signed by the instructor in order to count for points.

For more information, please contact CSCACC at 725-5530/9878.



FUNCTIONAL FITNESS CHALLENGE

Start Date: 28 May 2009-52 Fitness Center

10 June 2009-43 Fitness Center

19 June 2009-14 Fitness Center

9 July 2009-53 Fitness Center

Time: Registration 1030, Competition Begins 1100

Cost: FREE

Overview: This challenge will consist of three functional fitness events. Units will have teams of five people. Each person on the team will do all three events. The team with the highest combined score will win the event. The events for each location are as follows:

52 Fitness Center

Pull-ups

Push-ups

Dips

14 Fitness Center

100 yd Farmer's Walk

300 yd Shuttle Run

40 yd Tire Drag

43 Fitness Center

Tire Flips

Ammo Can Lift

Pull-ups

53 Fitness Center

Sled Pull

Farmer's Walk

Weighted Pull-Ups

Each unit will receive 50 points per team entered with a maximum of 300 points. In addition, first, second, and third place teams in each division will receive points (1st place = 75 points, 2nd Place = 50 points, 3rd Place = 25 points)

For more information, please contact Fitness Programs Supervisor at 763-0657.

101 DAYS OF SUMMER FUNCTIONAL FITNESS CHALLENGE

Team Name: _____ Name of Unit: _____

Captain's Name: _____ Phone Number: _____

Captain's Rank: _____ E-mail: _____

Players' Names, Ranks, and Commands:

1. _____

2. _____

3. _____

4. _____

5. _____



SINGLE MARINE PROGRAM BARBEQUES

Dates: Friday, 29 May-53 SMP Bldg# 53341

Friday, 12 June-33 Area SMP Bldg# 33607

Friday, 26 June-43 SMP Bldg# 430314

Friday, 31 July-62 SMP Bldg# 62527

Friday, 15 August-21 SMP Bldg #

Time: 1000-1400

Location: SMP Recreation Centers

Cost: FREE

Overview: Each one of these BBQs is open to ALL Active Duty personnel, the first 200 will be fed. Come on over and grab some free food, non-alcoholic beverages and then sit back and enjoy a movie or play a video game. Each of the centers offers free Internet access, ping-pong, air hockey, billiards, and video games. Twenty points will be awarded per participant with a maximum amount of participation points of 300.

For more information regarding these events, please contact Danielle West at 725-6722.



GROUP X CHALLENGE

Date: Wednesday, 3 June 2009

Time: 0630-0730

Location: 11 Area Field (South), 43 Area Fitness Center (North)

Cost: FREE

Overview: This event will feature two Group X All Hands Unit PT. Come get a great workout outdoors with our group x instructors. One offered on the Southern end of Camp Pendleton, the other on the Northern end of Base.

Registered units will receive points for the competition based on the percentage of unit personnel who participate in the Challenge, so the more people attending this event the more points the unit receives.

For event information, please contact the Fitness Programs Office at 763-0657 or the Group X Coordinator at 763-4070.



101 DAYS of SUMMER
CHALLENGE

TUG-O-WAR

Date & Location: 16 June, 2009- 21 Beach

16 July 2009- 52 Area Fitness Center

22 July, 2009- Hospital Fitness Center

7 August, 2009- 24 Area Fitness Center

Time: Registration 1030, Competition Begins 1100

Cost: FREE

Overview: This event will feature a Tug-O-War Tournament. Single elimination from push-up position. 10 foot pull. 10 person team. Attire is boots (jungle or leather), cammie pants, and P.T./ Team T-shirt. Match time is 10 minutes (max). Teams must warm-up and be ready to pull when called. Weight belts OK.

Each unit will receive 100 points per team entered with a maximum of 300 points. In addition, first, second, and third place teams in each division will receive points (1st place = 75 points, 2nd Place = 50 points, 3rd Place = 25 points)

You can register for this contest using the registration form below.

For more information, please contact the Fitness Programs Office at 763-0657.

REGISTRATION

101 DAYS OF SUMMER TUG-O-WAR

Team Name: _____ Name of Unit: _____

Captain's Name: _____ Phone Number: _____

Captain's Rank: _____ E-mail: _____

Players' Names:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Alternate: _____



VOLLEYBALL TOURNAMENT

Start Date: 14 July 09

Time: 1100 - 1330

Location: 21 Area Fitness Center

Cost: FREE

Overview: A four-person team volleyball tournament will be held at the 21 area fitness center. The number of teams that enter will determine the format of the tournament. Points will be awarded for participation. First and second place teams will also receive points. An entry form can be found below. Registered units will receive points based on the percentage of unit personnel who participate.

Each unit will receive 50 points per team entered with a maximum of 300 points. In addition, first, second, and third place teams in each division will receive points (1st place = 75 points, 2nd Place = 50 points, 3rd Place = 25 points)

For tournament information, please contact Health Promotion at 76 3-3794

REGISTRATION

101 DAYS OF SUMMER VOLLEYBALL TOURNAMENT

14 July 09

Team Name: _____

Captain's Name: _____

Captain's Rank: _____

Day Phone: _____

Unit: _____

E-mail: _____

Team Players (including rank and command):

1. _____

2. _____

3. _____

4. _____

Alternate: (two per team)

1. _____

2. _____



SMP MOVIE NIGHT

Date: Thursday, 16 July 09-14 Area by Basketball court by 14 Fitness Center

Thursday, 20 August 09-24 Area lower barracks

Time: 1945

Cost: FREE

Overview: Come enjoy a movie night viewed on our 16 x 20 blow-up movie screen. BBQ, popcorn and non-alcoholic drinks will be available for the first 200 participants. Bring your own chair and blanket. Movie is to be determined by the audience, but will be a new release movie.

Registered units will receive points for the competition based on the percentage of unit personnel who participate in the Challenge, so the more people attending this event the more points the unit receives.

For more information regarding this event, please contact Danielle West at 725-6722.



101 DAYS of SUMMER
CHALLENGE

3 ON 3 BASKETBALL

Start Date: 20 August 2009

Time: 1100 - 1330

Location: 52 Area Fitness Center

Cost: FREE

Overview: This tournament will feature a 3-on-3 Basketball Tournament. Tournament style will be determined the day of the event based on the number of teams that register.

Each unit will receive 50 points per team entered with a maximum of 300 points. In addition, first, second, and third place teams in each division will receive points (1st place = 75 points, 2nd Place = 50 points, 3rd Place = 25 points)

Registration: For tournament information, please contact 52 Area Fitness Center at 725-7262.

REGISTRATION

101 DAYS OF SUMMER BASKETBALL TOURNAMENT

Team Name: _____

Name of Unit: _____

Captain's Name: _____

Phone Number: _____

Captain's Rank: _____

E-mail: _____

Players' Names, Ranks, and Commands:

1. _____

2. _____

3. _____

Alternate: _____



101 DAYS of SUMMER
CHALLENGE

FLAG FOOTBALL

Date: 21 August 09

Time: 0900

Location: 43 Area Football Field

Cost: FREE

Overview: This flag football event will utilize teams of five (1 Quarterback, 1 Running Back, 1 Center, 2 receivers). At the start of each game, the offensive team takes the ball at the 5-yard line and has 3 plays to cross midfield. Once the team crosses midfield, it has 3 players to score a touchdown. If the offensive team fails to cross midfield in 3 plays, the possession of the ball changes and the other team starts at the 5-yard line. Each team gets 5 opportunities to score.

Each unit will receive 50 points per team entered with a maximum of 300 points. In addition, first, second, and third place teams in each division will receive points (1st place = 75 points, 2nd Place = 50 points, 3rd Place = 25 points)

For more information regarding this event, please call 43 Area Fitness Center at 725-3468.

REGISTRATION

101 DAYS OF SUMMER FOOTBALL TOURNAMENT

21 August 09

Team Name: _____

Captain's Name: _____

Captain's Rank: _____

Day Phone: _____

Unit: _____

E-mail: _____

Team Players (including rank and command):

1. _____

2. _____

3. _____

4. _____

5. _____

Alternate: (two per team)

1. _____

2. _____



SPORTS JAM

Dates: Friday, 28 August, 2009

Location: Paige Fieldhouse, Bldg #1110

Registration: 1700 Play Begins: 1730

Cost: FREE

Overview: This event includes mens and womens teams for 3 on 3 Basketball, Singles Raquetball, and Singles Table Tennis. Coe-ed teams for five person Dodge-ball and four person Volleyball.

Each unit will receive 100 points per team entered and 25 points per participant in single events with a maximum of 1000 points. In addition, first, second, and third place teams in each division will receive points (1st place = 75 points, 2nd Place = 50 points, 3rd Place = 25 points).

For more information regarding this event please contact Cari Gordonne at 763-0657.

